**2018 FALL TRYOUTS SCHEDULE:**

**ALLIED SOCCER:  Contact John\_Spaide@hcpss.org**

**CHEERLEADING:**

Mon, 8/13 from 10-12 pm

Tues, 8/14 from 10-12 pm

Wed, 8/15 from 10-12 pm

**BOY'S CROSS COUNTRY:**

Wednesday, August 8th @ 8 am at the track FIRST PRACTICE

Thursday, August 9th thru Saturday, August 11th @ 8 am at the track

Monday, August 13th (a 30 minute continuous run trial will be held on campus

Tuesday, August 14th a two mile track time trial will be held with specific   criteria based on class and last year’s performance

Wednesday, August 15th thru Saturday, August 18th @ 8 am at the track

Monday, August 20th thru Saturday, August 25th @ 8:00 am at the track

Monday, August 27th thru Friday, August 31st @ 2:45 pm at the track

**GIRL'S CROSS COUNTRY:**

August 8th: 6:30 am to 8:30 am 30 minute run trial

August 9th: 6:30 am to 8:30 am 2 mile time trial

August 10th: 6:30 am to 8:30 am normal practice

August 11th: 6:30 am to 8:30 am normal Practice

August 13th: 6:30 am to 8:30 am 30 minute run trial, 4:00 pm to 5:30 pm Stretching and Strengthening

August 14th: 6:30 am to 8:30 am 2 mile time trial, 4:00 pm to 5:30 pm Stretching and Strengthening

August 15th-17th: 6:30 am to 8:30 am normal practice, 4:00 pm to 5:30 pm Stretching and Strengthening

August 18th: 6:30 am to 8:30 am normal practice, 4:00 pm to 5:30 pm Stretching and Strengthening

**FIELD HOCKEY:**August 8, 9, 10 from 8-10 a.m. (Varsity) and 11 a.m.-1 p.m. (JV).

**FOOTBALL**:  August 8, 9, 10 from 3:00 – 5:30.  Please arrive at 2:00 PM

**GOLF:**Monday, Tuesday, and Thursday, August 13th, 14th and 16th- Tee times are at 1:00 PM at Willow Springs.

**BOYS SOCCER:**August 11, August 13, and August 14, 4:00 – 6:00

**GIRLS SOCCER:**

August 8, 6:45am – 9:45am for Returning Varsity and rising Jr/Sr.  Meet at stadium track; 10:15am – 1:15pm for Freshmen/Soph.  Meet at stadium track.

August 9, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

August 10, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

August 11, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

**VOLLEYBALL:**

Tryouts begin on August 11, 8:00 -11:00am

Tryouts and practices will continue:

Monday August 13 thru Saturday, August 18:  8:00-11:00am and 1:00-3:00pm

Monday August 20 and Tuesday, August 21: 8:00-11:00am and 1:00-3:00pm

Wednesday, August 22 thru Friday, August 24:  3:00-6:00pm

Saturday, August 25:  8:00-11:00am

Monday, August 27 thru Friday, August 31:  3:00-6:00pm